Yankee Bean & Bacon Soup

Recipe Makes 9 Servings

1 Serving = 1 Cup

1 SP and 153 Calories

Ingredients:

8 slices turkey bacon, diced (or Al Fresco Uncured Chicken Bacon, *see note above*)
1 medium onion, chopped
1 cup celery, chopped
1 cup carrots, chopped
3 15oz. cans white navy beans, drained
6 cups chicken or vegetable broth
1 tbsp garlic, minced
2 bay leaves
2 tsp salt
½ tsp black pepper
¼ tsp thyme
Oil spray

Recipe:

Using a large soup pot, spray oil and sauté turkey bacon for about 5 minutes on medium heat. Add onions, carrots, celery, and garlic. Cook until veggies start to soften, about 3-5 minutes. Add beans, broth, and seasonings. Stir and bring to a boil.
Then simmer on low, covered for 45 minutes, stirring occasionally.
Before blending, make sure to remove the bay leaves and discard. Using your blender (immersion blender is best for this). Blend half of the soup to give it that creamy feel and texture but leaving the rest intact. That's it! Super easy and delish!

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